**Registration Form**

*(PLEASE PRINT)*

 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_ Zip \_\_\_\_\_\_

 Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Gender (Circle One) M or F Age On Race Day\_\_\_\_\_\_\_

T-SHIRTS FOR 1ST (100) 5K PARTICIPANTS ONLY

*(Entry must be received by Sept 15, 2019)*

T-SHIRT SIZE (Circle One) S M L XL

EVENT CATEGORY

 5K Race / 5K Fitness Walk $20

* 

 1 Mile Fun Run “FREE”

* 

 FAMILY RATE (\*See *Details below*)

 5K Race / 5K Fitness Walk $17.50 *($2.50 Discount)*

* 

*\*Special Family Rate for (4) or more entries*

*To qualify, all family members must register together*

 Donation to Scholarship Fund ($\_\_\_\_\_\_\_)

* 

 Make checks payable to:

 Waterford Sports & Recreation Department

 Mail to: George Ames

 620 Norway Road

 Waterford, ME 04088

**Race Agreement and Release**

I understand that running a road race is a potentially hazardous activity. I further understand

that I should not enter the road race unless I am medically able and properly trained. I agree

to abide by any decision of a race official relative to my ability to safely complete the run. I

assume all risks associated with running this event including, but not limited to, falls, contact

with other participants, the effects of the weather, including high heat or humidity, traffic and

conditions of the road course, all such risks being understood and appreciated by me. Having

read this waiver and understanding these facts, and in consideration of your accepting my

entry, I, for myself and anyone entitled to act on my behalf, waive and release, The Town of

Waterford, The Waterford Fall Foliage Road Race Committee, 5K Sports Race Management,

and all sponsors and volunteers, their representatives and successors from any claims or

liabilities or causes of action of any kind arising out of my participating in this event. I grant

permission to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including that of Social Media.

 Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

 Guardian Signature (Under 18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Bib #* \_\_\_\_\_\_\_\_\_\_\_\_ *(Registration Use Only)*

**20th Annual**

**Waterford Fall Foliage 5K Road Race**

**5K Fitness Walk**

**&**

**1 Mile Fun Run**

**Sunday**

**October 13, 2019**

* Challenging out & back course
* Parking within walking distance of the start
* All roads leading to the event will close @ 11:20 AM
* Please no pets on the course
* Family Rate for (4) or more 5K entries
* “FREE” Fun Run

**Event Details**

**1 Mile Fun Run**

*(Ages 12 & Under)*

11:30 AM Start Time

“FREE FUN RUN”

**5K Road Race & Fitness Walk**

12 Noon Start Time

$20.00 Pre-Registered

$25.00 Race Day



**Fun Run Awards**

Top 3 Boys & Girls Overall

Top Boy & Top Girl In The Following Categories:

6 & Under, 7-9 & 10-12

1st Waterford Resident

 *(All Fun Run Participants Receive Ribbons)*

**5K Awards**

Top 3 Male & Female Overall

Top 3 Male & Female In the Following Categories:

1-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79

80+ Top Finisher Overall (*Regardless Of Gender*)

1st Waterford Resident



**Race Director**

Martha Eaton (207) 583.4611

**Race Registration & Website Mgmt**

Geo & Roxanne Ames (207) 583.2603

**Visit Our Website**

[www.waterfordfall5k.com](http://www.waterfordfall5k.com)

**Email Us**

geoames@gmail.com

**Check Us Out On Facebook**

[www.facebook.com/Fall5K](http://www.facebook.com/Fall5K)

**On-Line Registration**

[www.running4free.com](http://www.running4free.com)

[www.active.com](http://www.active.com)

**Race Management**

*5K Sports Race**Management / Jim McCorkle*

**Course Map**

**

**Chili Cook-off**

*Presented By The Waterford/Harrison PTO*

* *Free Samples For All 5K Participants*
* *Nominal Fee For Spectators*
* *Hot Dogs & Baked Goods On Sale*